Wellness Grant Feature of the Month: Anthropology
Wellness Ambassador: Priscilla Cordova

The department of Anthropology used the Wellness Mini Grant to create a three part Green Cluster Wellness Club. The parts of the club included walking, clean eating and stress management. The Walking club was to encourage staff to walk and the department’s wellness ambassador, Priscilla Cordova, purchased hydration tracker water bottles to help the participants. Using the hydration trackers to check what time of day their water consumption was beneficial as participants make sure they wouldn’t be dehydrated and be able to take a walk during the day.

In the clean eating club, the department started a salad/bring your lunch to work. Priscilla had purchased salad bento boxes for each participating staff member, so that they could easily participate.

For stress relief, the Mind and Stress release crafting club included crafting ideas and supplies for the department members to use.

The main goal was to have co-workers get away from their desks more often, and to be more active throughout the day. In addition, their Wellness Ambassador wanted to decrease stress levels and create a fun work life balance. Priscilla said “I feel like I did meet goals, and it’s encouraging to reward people so that everyone remains motivated.” Although there were initial challenges in organizing the initiatives, the tools were provided and the outcomes have been rewarding for the department of Anthropology.

In order to promote the clubs, their Wellness Ambassador circulated print outs and new recipes of healthy alternatives. Also, she posted healthy food tips, and facts about water, soda, sugar in visible areas throughout the department. Thirteen people participated in the clean eating club, and they joined the collective staff potlucks too. The weekly walks and crafting days had good participation too.

As physical activity was a challenge in the department, starting with something simple like group walks helped. Priscilla felt that the walks helped as there are people who weren’t able to workout at all after work, and the walks increased their physical activity in general.

Having the tools to engage in conversations with each other about health as well as sharing healthy recipes, benefitted the participants immensely. It was encouraging to see members of the department excitedly ask each other what healthy lunch item they had brought for the day. The craft club was fun for the ones who participated, as they were able to get away from their desks and engage with one another. Priscilla also included that “Soon enough, coworkers were sharing ideas and stories about themselves that normally wouldn’t take place. The overall outcome was very positive and the initiative has really promoted health and well-being.”

Priscilla said “My co-workers loved the bento boxes and water containers they were really excited and actually voted to have more potlucks so we could all use them together”. In the future, they hope to be continuing such initiatives and building the wellness programs within their department.